

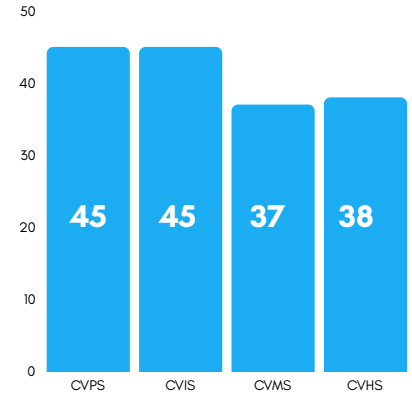
# AHN Chill Project™ Chartiers Valley SD Data Analysis

This handout includes data analysis of AHN Chill Project™ from the 2023-2024 school year. Data included represents all four schools with the School-Based Therapist Role and the Behavioral Health School Educator.

## School-Based Therapy

For the 2023-2024 School Year, a total of 165 students were enrolled at CVSD in school-based therapy. Please find a break down of each school below:

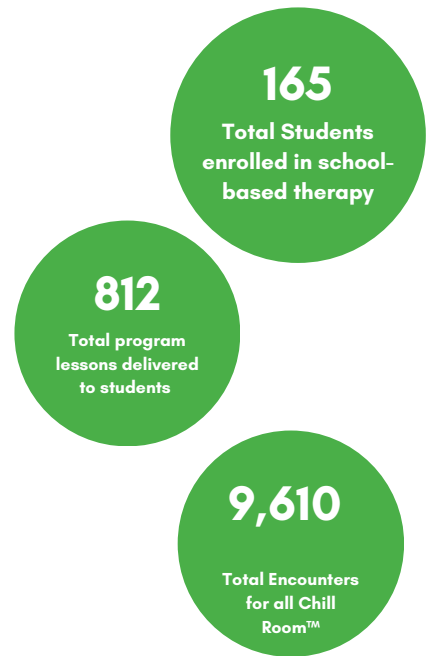
- **CVPS:** 45 students enrolled in school-based therapy with 1.5 therapists serving this school.
- **CVIS:** 45 students enrolled in school-based therapy with 1.5 therapists serving this school.
- **CVMS:** 37 students enrolled in school-based therapy with 1 therapist serving this school.
- **CVHS:** 38 students enrolled in school-based therapy with 1 therapist serving this school



## Chill Room™ and Lessons

For the 2023-2024 School Year, Chill Room™ Lessons are delivered for the entire school community. CVPS, CVIS, and CVMS deliver 9 monthly lessons over the school year to every student. CVHS will deliver Lessons to students through their health class. Across all schools, 812 total program lessons were delivered to students. This includes any additional program lessons requested by teachers and/or admin.

Students that utilize the Chill Room™ report an overall decrease in stress levels. Students use evidence-based coping skills and spend an average of 5-15 minutes in the space. Top reasons students utilized the Chill Room™ included **peer conflict, family, big emotions, overstimulation, scheduled check ins,** and **stress.**



Below is a chart showing the average level students reported coming in at, and the average levels they left at.

	CVPS	CVIS	CVMS	CVHS
IN	2.4 (Okay)	3.6 (Getting Stressed)	2.6 (Okay)	1.8 (Okay)
OUT	1.6 (Calm)	1.6 (Calm)	1.3 (Calm)	1 (Calm)

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## School Team Support

AHN Chill Project™ also supports school team members through monthly professional developments, support groups, consultations, and other unique ways to best meet the needs of the school faculty.

## Additional Support

Behavioral Health School Educators also work alongside **Emotional Support classrooms** to provide billable and non-billable support groups that focus on coping skills, emotional awareness, and other identified needs areas.

AHN Chill Project™ team also assists during times of crisis and has assisted in 56 possible lives saved.

AHN Chill Project™ works to meet the individual needs of each school district, and each school. Please refer to attached handout showing unique ways AHN Chill Project™ team members support the entire school community.



*\*This figure encompasses both adults and students that reported suicidal thoughts and/or plans that the AHN Chill Project™ team assisted with*

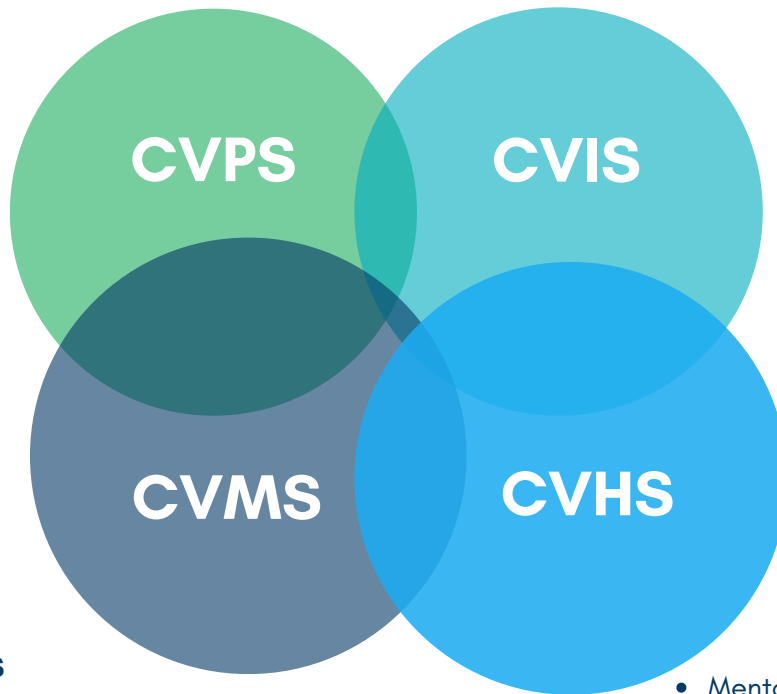
# AHN Chill Project™ Chartiers Valley SD Data Analysis Additional Handout - Unique School

## CVPS

- Billable Emotion Explorer Group over Summer 2023
- Collaborates on SAP team, PBIS team, and other
- Small groups (Grief, Social Skills, Family in Separate Homes, Anxiety)
- Monthly staff mental support- yoga, art, open "chat" hours, etc.
- Scheduled breaks and check ins for high need students
- Empathy Project with Emotional Support
- Launched Buddy Program with HS/MS

## CVIS

- Weekly yoga to school faculty
- BHSE went to Improving Schools Conference with admin to present
- Collaborates on SAP team, PBIS team, and other
- Small groups throughout school year (Self Esteem, Self Worth, Mindfulness 101, Social Skills, etc)
- Nonbillable Emotional Support Group
- Scheduled check ins for high need students
- Free Virtual Parent Group for caregivers of students with IEP 1/mo



## CVMS

- Billable Emotional Support Group
- Nonbillable Emotional Awareness Group for 7th Grade Boys
- Nonbillable Self-Esteem group for 7th & 8th Grade Girls (2022-2023 School Year)
- Quarterly mindful events for school faculty

## CVHS

- Mentorship Program for CVMS/CVHS and CVPS ELL students
- Best Buddy collaboration with CVPS
- 98 lessons taught on Mindfulness
- ELL support during Ramadan